



Power Panther Rocks the NBC4 Health and Fitness Expo



If You Wanna Be Like the Power Panther. The MacFarland Middle School Step Team shows the audience how to be like the Power Panther.

With the MyPyramid as a backdrop, Power Panther led the audience through an interactive presentation including an overview of MyPyramid, and core Eat Smart. Play Hard.TM messages: make family time an active time, grab quick and easy snacks, power up with breakfast, and balance your day with food and play. The presentation ended with a physical activity that brought the audience to their feet, moving and chanting an Eat Smart. Play Hard.TM rhyme to the instrumental beat of Outkast's "The Way You Move" (see back).

The FNS exhibit booth offered Expo attendees a wealth of nutrition and physical activity resources. About 500 people took the Milk Taste Challenge, which had tasters struggling to identify types of milk based on fat content. Tasters were surprised they could not taste a difference, and at the calorie savings that can be achieved by switching to reduced fat, or nonfat milk. Most pledged to make the switch to lower fat milk.



Every Cat Has His Day. Power Panther basks in the spotlight with the MacFarland Middle School Step Team.

The 2006 NBC4 Health and Fitness Expo was kicked off January 14th, by the new invigorated Power Panther and NSS staff members Judy Wilson and Heather Hopwood taking the stage to help kids Eat Smart and Play Hard by following the recommendations of MyPyramid.

The D.C.-based MacFarland Middle School Step Team donned whiskers and tails for a heart-thumping dance and step performance to the Eat Smart. Play Hard.TM song "If You Wanna Be Like the Power Panther."



I Like The Way You Move. Judy Wilson, Power Panther, and Heather Hopwood get the audience moving and chanting an Eat Smart. Play Hard.TM rhyme.

Attendees also visited the FNS booth to play the MyPyramid Blast Off game, pose for snapshots with Power Panther, and receive information on FNS programs, healthful eating, and physical activity.

More than 78,000 people took advantage of free health screenings and information at the two-day Expo.

The interactive presentation, and physical activity rhyme and movements may be used in a variety of settings. For a copy, contact Heather Hopwood at (703) 305-2141.

Eat Smart. Play Hard. TM Rhyme & Moves

[performed to "The Way You Move" (Instrumental) by Outkast]



Nothing beats (cross hands in front)
Eating smart; (rub belly)
It's good for your head, (point to head)
And good for your heart. (cross hands over chest)

Hands up high, (jazz hands in air)
Feet down low, (march in place)
Shake your body. (shake entire body up & down)
Don't move too slow! (continue shaking)

Nothing beats (cross hands in front)
Playing hard (bicep curls)
At home, at school, (thumbs up to the right)
Or in the yard. (thumbs up to the left)



Hands up high, (jazz hands in air)
Feet down low, (march in place)
Shake your body. (shake entire body up & down)
Don't move too slow! (continue shaking)

